


# EVENTS & REGISTRATIONS

4.24.26 UPDATE

 **REGISTRATIONS** can be made at the Annex Front Desk or calling (415)242-7135.

**Monday, May 4th • 1:00p.m. - 3:30p.m.**  
**Mingle Monday: Terracotta Pot Painting (15 spots)**  
 Paint vibrant terracotta pots, taste cactus candy, and plant your own succulent to create a festive centerpiece this Cinco de Mayo, or freestyle your own design.  
 • Registration open now!

**Tuesday, May 5th • 1:00p.m. - 2:00p.m.**  
**Asian Art Museum Talk: When the Tiger Smoked the Pipe: The Art of Korea (25 spots)**  
 Often heard at the beginning of Korean legends and folktales, "When the tiger smoked a pipe" is a familiar phrase akin to "Once upon a time." This program draws from the Asian Art Museum's collection of Korean art to explore a layered and transformative history of artmaking. Renowned for its ceramics and textiles, Korea has also created, adapted, and refined a variety of art forms. Today, Korea is among the leaders of contemporary art production.  
 • Presented on Zoom and Annex Community Room  
 • Registration: Open now!

**Friday, May 8th • 1:30p.m. - 3:00p.m.**  
**Mother's Day Hawaiian Party (30 spots)**  
 Celebrate Mother's Day in tropical style with a lively ukulele performance and light bites of Hawaiian cuisine!  
 • Priority Registration: Friday, April 24th (1:00pm)  
 • General Registration: Friday, May 1st (1:00pm)

**Monday, May 11th • 1:00p.m. - 4:00p.m.**  
**Exploring Creativity: Creating & Embellishing Mandalas (15 spots)**  
 Creating personal mandalas can be a deeply relaxing and enjoyable experience, allowing for self expression and mindfulness. Embellishments will be available to add accents to your piece, followed by a session of reflection. Pre-made mandala's are also available.  
 • Registration Open Now!



Easter Basket Making



Mini Golf Practice

**Tuesday, May 12th • 11:00a.m. - 12:00p.m.**  
**DigitalLift Workshop: Smartphone Fundamentals (30 spots)**  
 Learn the basics of navigating your smartphone, including how to manage settings, notifications, apps, and more. Whether you're new to smartphones or looking to build confidence, this workshop will help you get the most out of your device.  
 • Registration Open Now!

**Tuesday, May 12th • 12:00p.m. - 1:00p.m.**  
**DigitalLift: Tech Support Workshop**  
 Have any questions about technology? Drop by for tech support and additional workshop assistance.  
 • No registration required.

**Monday, May 18th • 1:00p.m. - 3:30p.m.**  
**Mingle Monday: Scented Sachets (16 spots)**  
 Create aromatic wax fragrance tablets using soy wax and beeswax, infused with a selection of spring- and summer-inspired scents. These flame-free air fresheners can be placed throughout your home or given as thoughtful gifts.  
 • Registration Opens: Tue., May 5th (11:00 am)

**Thursday, May 21st • 9:15a.m. - 4:00p.m.**  
**FIELD TRIP: Filoli Historic House & World-Class Garden (50 spots)**  
 More information available on a separate flyer.

**Tuesday, May 26th • 10:00a.m. - 12:00p.m.**  
**NEMS Health Screening**  
 Through a partnership with North East Medical Services (NEMS), we offer free health screenings testing body mass index, glucose, and blood pressure levels. No registration required.  
 • Limited to 20 participants on a walk-in basis.

**Wednesday, May 27th • 1:00p.m. - End of Movie**  
**Spring Movie Hangout at Regal (35 spots)**  
 We're heading to Stonestown Galleria Regal Cinemas with our friends from Parkmerced YMCA for a special spring movie hangout! Grab your popcorn and enjoy the movie film with friends. The movie will be selected closer to this date. Feel free to share a suggestion during registration!  
 • Priority Registration: Wed, May 13th (11:00am)  
 • General Registration: Wed, May 20th (11:00am)



Folk, Line, Social, Dance Celebrating Alta's 100th Birthday!

## ANNEX AT HAND May 2026

### AOA and AAPI Month

Happy AAPI Heritage and Active Older Adults Month! This May, we're showcasing films inspired by the AAPI community. Don't miss our two upcoming trips this month: a movie at Regal and a visit to Filoli Historic House & World-Class Garden. Additional information and registration dates can be found on the backside of our calendar.

**4.17.26 Update:** Vivian Tech Support Hours, Filoli trip, 4/4 MM, and Regal visit.

**4.24.26 Update:** 5/28 Principles of Balance is back on schedule.

Warmly,

Kristy, Corinne, Danielle

### Cinema Club (Wednesdays at 12:30P.M.)

**May 6th • Bajrangi Bhaijaan [Comedy/Adventure]**  
 Length: 2hr 43m Netflix  
 A devout Indian man undertakes a perilous journey to reunite a young, mute Pakistani girl with her family. Hindi audio with English subtitles.

**May 13th • Hello, Love, Again [Drama/Romance]**  
 Length: 2hr 00m Netflix  
 Driven apart by covid 19, two exes continue their lives on opposite sides of the world— until a surprise reunion offers them a second chance. Filipino audio. English CC.

**May 20th • Always Be My Maybe [Romance/Comedy]**  
 Length: 1hr 42m Netflix  
 Reconnecting after 15 years, former sweethearts navigate their different lifestyles and reignite old sparks while discovering if they are truly meant to be together.

**May 27th • 1:00 pm • Visit to Regal!**  
 More information available on the back of this calendar.

The Annex Program Flyer is subject to change and will be updated periodically. Check in regularly to get the latest updates!

# AOA ACTIVITY CALENDAR – May 2026

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Exploring Creativity:  
Mandala Workshop  
Monday, May 11th  
(1:00pm)



Workshop: Tues., May 5th (1pm)  
Jar with tiger and magpie designs, approx. 1700–1800. Korea. Joseon dynasty (1392–1910). Porcelain with underglaze cobalt decoration  
Asian Art Museum, Gift of Namkoong Ryun, 2001.9.  
Photograph © Asian Art Museum.

**Strength and Mobility** 8:00–8:50a.m. **1**  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**Cardio Strength** 8:00–8:50a.m. **4**  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**DL Tech Support (Vivian)** 10:00–1:00pm  
**Lunch** 11:30am–12:30p.m.  
**MM: Terracotta Pot Painting** 1:00–3:30p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m. **5**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**AAM Talk: The Art of Korea** 1:00–2:00pm  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Functional Fitness** 8:00–8:50a.m. **6**  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00–12:00pm  
**Lunch** 11:30am–12:30p.m.  
**Cinema Club** 12:30pm–End of Movie  
**MahJong** 1:00–4:00p.m.

**Cardio Dance** 8:30–9:30a.m. **7**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**Ukulele Workshop #10** 11:30am–12:30pm  
**Ukulele Jam Session #10** 12:45–1:45pm  
**Ikebana** 1:00–3:00pm  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**Strength and Mobility** 8:00–8:50a.m. **8**  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance (CR)** 1:00–2:40p.m.  
**Mother's Day Hawaiian Party – Social Hall** 1:30–3:00p.m.



**Cardio Strength** 8:00–8:50a.m. **11**  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**EC: Mandala Designing (CR)** 1:00–4:00p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m. **12**  
**Zumba Gold** 9:45–10:45a.m.  
**DL Smartphone Fundamentals** 11:00am–12:00pm  
**DL Tech Support** 12:00pm–1:00pm  
**Lunch** 11:30am–12:30p.m.  
**Taiko 1/Level 2** 1:00–2:00p.m.  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Functional Fitness** 8:00–8:50a.m. **13**  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00–12:00pm  
**Lunch** 11:30am–12:30p.m.  
**Cinema Club** 12:30pm–End of Movie  
**MahJong** 1:00–4:00p.m.

**Cardio Dance** 8:30–9:30a.m. **14**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**Stroke Communications Group** 1:00–2:50p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**Strength and Mobility** 8:00–8:50a.m. **15**  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**Cardio Strength** 8:00–8:50a.m. **18**  
**Dance Fitness** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**MM: Scented Sachets** 1:00–3:30p.m.  
**Mind Body Health** 1:00–2:40p.m.  
**Taiko 1/L1** 3:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m. **19**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**Taiko 1/Level 2** 1:00–2:00pm  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Functional Fitness** 8:00–8:50a.m. **20**  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00–12:00pm  
**Lunch** 11:30am–12:30p.m.  
**Cinema Club** 12:30pm–End of Movie  
**MahJong** 1:00–4:00p.m.

**Cardio Dance** 8:30–9:30a.m. **21**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**Ikebana** 1:00–3:00pm  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**FIELD TRIP: Filoli Gardens** 9:15a.m.–4:00p.m.

**Strength and Mobility** 8:00–8:50a.m. **22**  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.

**ANNEX IS CLOSED  
MEMORIAL DAY**

**25** **Cardio Dance** 8:30–9:30a.m. **26**  
**Zumba Gold** 9:45–10:45a.m.  
**NEMS Health Screening** 10:00am–12:00pm  
**Lunch** 11:30am–12:30p.m.  
**Taiko 1/Level 2** 1:00–2:00pm  
**Taiko 3** 2:00–3:00p.m.  
**Taiko 2** 3:00–4:00p.m.



**Functional Fitness** 8:00–8:50a.m. **27**  
**Dance Fitness** 9:00–9:50a.m.  
**Posture Essentials** 10:00–10:50a.m.  
**DL Tech Support (Mitch)** 10:00–12:00pm  
**Lunch** 11:30am–12:30p.m.  
**Spring Movie Hangout at Regal** 1:00pm–End of Movie  
**MahJong** 1:00–4:00p.m.



**Cardio Dance** 8:30–9:30a.m. **28**  
**Zumba Gold** 9:45–10:45a.m.  
**Lunch** 11:30am–12:30p.m.  
**Stroke Community Game Day** 1:00–2:50p.m.  
**Principles of Balance (Advanced)** 1:00–1:50p.m.  
**Principles of Balance (Beginner)** 1:55–2:45p.m.

**Strength and Mobility** 8:00–8:50a.m. **29**  
**Stretch and Balance** 9:00–9:50a.m.  
**Chair Yoga** 10:00–10:50a.m.  
**Lunch** 11:30am–12:30p.m.  
**Tai Chi** 1:00–2:00p.m.  
**Folk, Line, Social Dance** 1:00–2:40p.m.